

Managing Stress in the Landscape of COVID-19: Resources



We have aimed to collate these resources from reputable/verified sources. However, please approach these materials as guidelines and use what works best for you.

Cancer and COVID-19:

- ☞ [COVID Cancer Care](#): A free CBT based stress and coping module for cancer patients during COVID
- ☞ [FAQs: Coronavirus and Patients with Cancer](#) (UCSF)
- ☞ [Coronavirus COVID-19 Links for the UCSF Cancer Community](#) (UCSF): This website includes a comprehensive list of cancer specific resources available at this time, including previously in-person resources that are now offered through remote (video or telephone) services.

Stress and Anxiety:

- ☞ [COVID Coach](#): A comprehensive mental health app for coping during COVID (National Center for PTSD, VA Palo Alto)
- ☞ [Resources to Support Your Mental Health During the COVID-19 Outbreak](#) (UCSF)
- ☞ [Managing Anxiety and Stress](#) (CDC)
- ☞ [Feeling Anxiety about Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#) (UCSF)
- ☞ [10 Tips to Settle Coronavirus Anxiety](#) (Mindful Living Counseling Services)

- 🌀 [Coping with coronavirus anxiety](#) (Harvard Medical School)
- 🌀 [Feeling Anxious about COVID-19?](#) (Yale Medicine)

For Families and Caregivers:

- 🌀 [Helping Children Cope with Emergencies](#) (CDC)
- 🌀 [Parenting resources and a children's book for managing stress](#) (UC Berkeley Psychology)
- 🌀 [How to Talk to Your Anxious Child About the Coronavirus](#) (Psychology Today)
- 🌀 [COVID-19 Resources for San Francisco Families](#) (A Google Sheet with organizations and agencies that can help families affected by school closures, job loss, etc.)
- 🌀 [Self-Care for Caregivers](#) (UCSF)

Physically Distancing:

- 🌀 [Preventing Loneliness in Times of Social Distancing](#) (Psychology Today)
- 🌀 Platforms to virtual connect with friends and family:
 - [Google Hangouts](#): Free. Allows multiple people to join a group video chat. What's needed: A Google/Gmail account, a computer or phone with a camera and microphone, and data/internet.
 - [Zoom](#): Free for video/audio calls, with a 40-minute time limit on meetings with three or more total participants.

Virtual Resources for Yourself or to Enjoy with Others

- 🌀 Physical Activity
 - [Zumba dance concert](#) videos (Amazon Prime)
 - [Danni Pomplun](#): Live streaming classes offered on a donation basis
 - [Fitness Blender](#): Free workout videos
 - [Planet Fitness](#): live-streaming free workouts
 - Virtual Yoga
 - [Glo](#): 15-day free trial
 - [Yoga with Adrienne](#): Yoga practice on YouTube.

- [Peter Walters Yoga](#): Donation-based online classes

☞ A focus on Mindfulness

- Free [audio recordings](#) by UCSF Osher Center mindfulness instructors (UCSF)
- Meditation apps: [Calm](#), [Headspace](#), [Insight Timer](#)
- Explore hosting a group meditation session over Zoom or Google Hangouts!

☞ Host a virtual game or movie night:

- ☞ [Netflix Party](#) allows you to watch Netflix shows/movies together
- ☞ More ideas on [hosting a game night](#) (MarthaStewart.com)

☞ “Visit” a museum or a park via virtual tours or live cam:

- ☞ Live cams at the [Monterey Bay Aquarium](#)
- ☞ Virtual tours at [The Louvre](#), [The British Museum](#) and [The Guggenheim](#)
- ☞ [Virtual Natural Parks tours](#) (Travel and Leisure)

☞ A list of [musicians performing live](#) on social media.